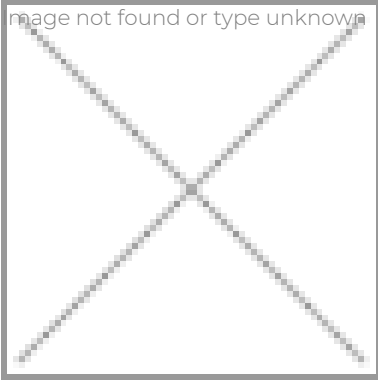


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INSTRUCTIONS

PLANK JACK DIP

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/plank-jack-dip/>

Abs

Arms

Chest

Core

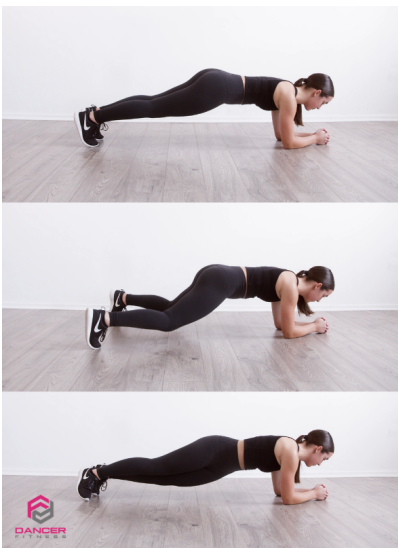
Hip Flexors

Shoulders

Turn Out

Turns

Upper Body



STEPS:

- Start in a high plank.
Lower your forearms to the ground.
- Jump your feet out, away from each other.
- Return your feet together.
- Slightly lean your hips to the right, center, left, center.

Repeat 10 times.

[-] Alternate stepping each foot out